

Spaghetti with Octopus, Cherry Tomatoes & Chili: A Mediterranean Delight

Spaghetti with Octopus, Cherry Tomatoes & Chili: A Taste of the Mediterranean



TIME
30-40 min

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INGREDIENTS

12 oz (340g) spaghetti
1 lb (450g) octopus (fresh or thawed, cleaned)
2 tablespoons olive oil
3 cloves garlic, minced
1-2 fresh chilies (depending on desired heat), sliced (or use dried red pepper flakes)
1 pint cherry tomatoes, halved
1/2 cup dry white wine
Salt and pepper, to taste
Fresh parsley, chopped (for garnish)
Lemon wedges (optional, for serving)

DIRECTIONS

- 1. Cook the : Spaghetti:** Bring a large pot of generously salted water to a rolling boil. Add the spaghetti and cook according to package instructions until al dente (firm to the bite). Before draining, reserve about 1/2 cup of the starchy pasta water. Drain the spaghetti and set aside.
- 2. Prepare the : Octopus:** If you are using fresh octopus, place it in a large pot of water and bring it to a boil. Reduce the heat and simmer the octopus for approximately 30-40 minutes, or until it is tender when pierced with a fork. Once cooked, remove it from the water, let it cool slightly, and then cut it into small, bite-sized pieces. If you are using pre-cooked octopus, simply slice it into bite-sized pieces.
- 3. SautØ Garlic and Chili:** In a large skillet or deep pan, heat the olive oil over medium heat. Add the minced garlic and sliced fresh chilies (or red pepper flakes). SautØ for 1-2 minutes, stirring, until fragrant and lightly golden, being careful not to burn the garlic.
- 4. Cook the : Octopus & Tomatoes:** Add the sliced octopus to the pan and sautØ for 3-4 minutes until it's lightly browned and heated through. Add the halved cherry tomatoes to the skillet and cook for an additional 3-4 minutes, stirring occasionally, until the tomatoes begin to soften and release their juices.
- 5. Deglaze with : Wine:** Pour in the dry white wine. Cook for 2-3 minutes, stirring, until the wine reduces slightly and the flavors begin to meld together. Season with salt and pepper to taste.
- 6. Combine with : Pasta:** Add the cooked spaghetti to the skillet with the octopus and tomatoes. Gently toss to

combine, allowing the spaghetti to get coated with the sauce. If the sauce seems too dry or needs to cling better, add a tablespoon or two of the reserved pasta water, stirring until you reach the desired consistency.

7. Garnish and : Serve: Remove the pan from the heat. Garnish generously with fresh chopped parsley. Serve immediately with lemon wedges on the side for a bright, zesty finish if desired.

SWAPS & NOTES

Octopus: If using fresh octopus, the initial simmering until tender is crucial.

If using pre-cooked octopus (often found vacuum-sealed in specialty stores), simply slice it and add it to the pan as directed in step 4.

Chilies: Adjust the quantity of fresh chilies or red pepper flakes to your preferred spice level.

For a milder dish, use less chili or a mild variety.

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